

Dairy alternative beverages sold as PART OF SCHOOL MEALS AND SEPARATELY FROM SCHOOL MEALS must comply with Section 10-221q of the Connecticut General Statutes (C.G.S), the U.S. Department of Agriculture (USDA) regulations for school meals and the USDA Smart Snacks nutrition standards for competitive foods. Nondairy beverages must comply with the USDA nutrition standards for fluid milk substitutes (see *Allowable Milk Substitutions for Nondisabled Children* at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milk_sub.pdf). They cannot contain artificial sweeteners and cannot exceed 4 grams of sugar per fluid ounce, 35 percent of calories from fat and 10 percent of calories from saturated fat. These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f. The Connecticut State Department of Education (CSDE) encourages schools to choose products that also meet the "Better Choice" recommendations (see green and white columns on right).

This list includes products that comply with STATE AND FEDERAL requirements. Product formulations and packaging can change. The nutrition information below is based on the package label or manufacturer information supplied at the time of product review. If this information does not match the product label, please submit the product's nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

For additional information on complying with the state beverage statute, see *Allowable Beverages in Connecticut Schools* and *Questions and Answers on Connecticut Statutes for School Food and Beverages* on the CSDE Beverages Web page at www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418.

DAIRY ALTERNATIVE BEVERAGES,
including soy milk, rice milk and other
nondairy milks

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

STATE AND FEDERAL REQUIREMENTS FOR DAIRY ALTERNATIVE BEVERAGES (G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)																			Better Choice Recommendations Choose products that meet all recommendations.		
																			No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
Manufacturer	Beverage Item	Package or Serving Size	Meets USDA Nutrition Standards for Milk Substitutes	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review			
Kikkoman	Pearl Soymilk, Smart Creamy Chocolate, 8.25 fl oz container	8.25 fl oz	yes	140	3.5	22.5%	0.5	3.2%	0	110	2	15	1.82	yes	yes	Thurston	Single-serving Container Code 06151; UPC 0-41390-06151-6.	7/29/13	X	X	X
Kikkoman	Pearl Soymilk, Smart Creamy Vanilla, 8.25 fl oz container	8.25 fl oz	yes	150	5	30.0%	1.0	6.0%	0	180	<1	17	2.06	yes	yes	Thurston	Single-serving ContainerCode 06141; UPC 0-41390-06141-7.	7/29/13	X	X	X
Kikkoman	Pearl Soymilk, Smart Original, 8.25 fl oz container	8.25 fl oz	yes	120	3	22.5%	0.0	0.0%	0	170	0	11	1.33	yes	yes	Thurston	Single-serving Container Code 06137; UPC 0-41390-06137-0.	7/29/13	X	X	X
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Original, 8.25 fl oz Single Serve Container	8.25 fl oz	yes	140	5	32.1%	0.5	3.2%	0	150	1	8	0.97	yes	yes	Sysco CT (special order)	Single-serving Container UPC 0-52603-08311-9.	7/29/13	X	X	X
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Vanilla, 8 fl oz	8 fl oz	yes	140	5	32.1%	0.5	3.2%	0	150	1	10	1.25	yes	yes	Sysco CT (special order)	Bulk (32 fl oz) UPC 0-52603-08225-9.	7/29/13	X	X	X

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																			No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
ELEMENTARY: Portion size limit of 8 fluid ounces						≤35% of total calories		<10% of total calories					≤4 grams total sugars per ounce	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine						
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces																					
Manufacturer	Beverage Item	Package or Serving Size	Meets USDA Nutrition Standards for Milk Substitutes	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No partially hydrogenated oils	No artificial flavors or colors	No high fructose corn syrup
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage,Original, 8 fl oz	8 fl oz	yes	150	5	30.0%	0.5	3.0%	0	150	1	8	1.00	yes	yes	Sysco CT (special order)	Bulk (32 fl oz) UPC 0-52603- 08200-6.	7/29/13	X	X	X
SunOpta Foods	Sunrich Naturals All Natural Soymilk, Vanilla, 8 fl oz (Quart Container)	8 fl oz	yes	120	4.5	33.8%	0.5	3.8%	0	120	1	12	1.50	yes	yes	M&R	Bulk Item (32 fl oz) 33132; UPC 7-82758-33132-1; Case UPC 107-82758-33132-8.	7/11/14	X	X	X
SunOpta Foods	Sunrich Naturals All Natural Soymilk, Vanilla, 8 fl oz container	8 fl oz	yes	130	4.5	31.2%	0.5	3.5%	0	125	1	11	1.38	yes	yes	HPC, M&R	Item 33208; UPC 7-82758- 33208-3; Case UPC 107- 82758-33208-0.	7/11/14	X	X	X